



Plane Talk



April 2003

167th Airlift Wing, WVANG

Next UTAs 3-4 May

Family Readiness Group Offers Aid in Time of War

As more and more unit personnel deploy overseas, the 167th Family Readiness Group continues to offer a helping hand to those staying behind.

Group members have conducted a series of open houses here on base to inform unit members and their families of benefits and entitlements available to them during deployments. These well-attended briefings have included speakers from personnel, finance, the clinic and the legal and chaplain offices.

But family readiness members have gone way beyond simply holding meetings. According to Joy Enders, sometimes the best support that members can offer is just being there. "We have volunteers answering phones to try to answer their questions," she said. "The first week [after deploying] was probably the hardest on families when they couldn't communicate with their loved ones. But family members understand that, like them, we're a family under the 167th family."

Family members are getting by during these trying times by keeping their senses of humor, she said. "We have one couple here where the husband is deployed ... they say that they cope by always sending jokes back and forth and trying to make each other laugh. A lot of people cope best by keeping their senses of humor and from the support of church and friends."

According to Enders, the community support for our deployed troops has been outstanding, but there are little things

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Family Support Group volunteers gathered in Charleston recently for the statewide meeting.

Girl Scout Troop Supports Deployed Airmen with Massive Care Package

Members of the 167th Airlift Wing currently deployed overseas should have a little slice of home available to them in the coming weeks.

Thanks to the tireless volunteer work of Girl Scout Troop 3032, unit members should soon receive two full pallets of good-old-fashioned Girl Scout cookies. The Girl Scouts spent this week tirelessly selling boxes of the cookies outside of a supermarket in Staunton, Va. Instead of taking the cookies home, however, customers were asked to write a short note to a service member deployed overseas and donate that box to the troops.

The girls' hard work resulted in a bounty of almost 100 *cases*, not boxes, of Girl Scout cookies, enough to last even the most homesick troop several years. The pallets of cookies will soon be sent overseas to 167th AW members serving in forward operating areas.

"We just wanted to do something to show the troops over there how much

Continued on page 5.



From left to right: Marshall Boyd, Joy Enders, Sharon Crummett, 1st. Lt. Melissa Shade, Frances Russell and Bob Russell.

Mountaineer Pride Worldwide

Communications Flight Issues Challenge



Photo by Master Sgt. Bill Wolfinger, 167 CF

The 167th Airlift Wing Communications Flight served lunch Saturday in the base cafeteria, allowing the short order line to reopen after being closed for more than a year. The line had not been open due to the deployment of numerous Services Squadron personnel. Maj. William W. "Wally" Whittington is now challenging other units to get involved and keep the short order line open until our valuable services personnel return. Pictured above from left to right are: Master Sgt. Keefe L. McIntyre, Capt. Tracy D. Cronin, Tech. Sgt. Tracy V. Myers, Senior Airman Nathan Clark (Services Flight), Master Sgt. Steven R. Lewis, Maj. Whittington and Master Sgt. George A. Ritter.

Family Readiness Group Telephone Numbers

The 167th Airlift Wing Family Readiness Group recently instituted a new toll free number for family members outside the local areas. The Family Readiness Group can be contacted at the following numbers:

Base Extension: 5576
Commercial Number: (304) 262-5576
Toll Free Number: 1-800-986-4325
DSN Number: 242-9576

CHAPTER NEWS

By Chaplain (Capt.) David Reynolds

As it Was in the Day of Noah

There is an often quoted and well-known scripture found in Matthew 24:37. It says in part, "that as the days of Noah were, so shall also the coming of the Son of man be." Matthew went on to describe a very tumultuous future time. "There shall be wars and rumors of wars. Nation shall rise against nation and kingdom against kingdom. There shall be famine, earthquakes and pestilence in diverse places." Considering the day in which we live, this could easily be a headline in the local newspaper! According to the Bible, the days in which Noah lived were also a very violent and licentious time. Sin, selfishness, and an abject abhorrence toward God abounded in Noah's day. What then are we to conclude? Is the return of the Son of man at hand? *No one knows ... I repeat, no one knows.* But this is what we do know:

1. Even though we are living in an adverse time; a time of distress and war, *God always has a plan.* For Noah, the plan was an ark made of wood that could provide him safety. For us, it is a living faith placed in Him that becomes "an ark" of safety.

2. Even though we sometimes feel powerless – *God indeed is powerful.* For Noah, God controlled the very wind, waves and rain. For us, He calms and controls our personal fears and anxieties through prayer and trust.

3. Even though we are living in a time of great distrust between nations, even allies – *God has a promise.* During the time of Noah, the promise was, "that the entire earth would never again be destroyed by a flood." For us the promise is, "Lo I am with you always – even unto the end of the ages."

Though we are living in a turbulent and distressing time, for those who believe, the Word of God is clear. God always has a plan. God is indeed powerful. God has a promise. Why not place your trust in Him today? The door of opportunity is yet open. Enter into the "ark of safety" by faith today.

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2Lt. Andrew Schmidt
Master Sgt. Ronald K. Newcomer
A1C Steven E. Rau

Commander
PAO
PA Specialist
Admin



Welcome to the 167th Airlift Wing

<i>Ryan M. Caponi</i>	<i>MXS</i>
<i>Brandon L. Creason</i>	<i>LRS</i>
<i>Zachary D. Fay</i>	<i>MXS</i>
<i>Shannon J. Garrett</i>	<i>MDG</i>
<i>Edison D. Gomez</i>	<i>CES</i>
<i>Scott A. Miller</i>	<i>AS</i>
<i>David H. Smith</i>	<i>OSF</i>
<i>Jason T. Smith</i>	<i>CES</i>
<i>Brian W. Tinsman</i>	<i>LRS</i>

Retirements

Airlift Wing

Senior Master Sgt. William E Hager Apr. 17

Civil Engineering Squadron

Master Sgt. Jerry L. Gray, Jr. Apr. 3

Security Forces Flight

Master Sgt. Louis M. Nasser Apr. 8

Maintenance Squadron

Senior Master Sgt. Charles W. Sheppard Apr. 30

Aerial Port Squadron

Technical Sgt. Anthony W. Welsh Apr. 5

STARBASE Applications Due

Applications are due to STARBASE on April 15th for any Guard member wishing for their child, grandchild, niece or nephew to attend one of our STARBASE summer academies. For an application form, please go to Y: shared and look for Guard Camp Registration Form. This is a five-day program. Classes begin July 7th and 21st for 3-5 graders, and July 14th and August 11th for 6-8 graders. We are looking forward to meeting the youth of our Guard members.

There will be no students at the STARBASE facility next week, and an invitation is open for anyone to test their flight skills on Flight Simulator 2002. They have 18 computers loaded with this software. They invite personnel to stop by and see what the area 5th graders are experiencing.

Any questions, call Evonne Denome at ext 5501.

167th AW Promotions



TO MAJOR
Samuel P. Sapio, Jr. AES



TO FIRST LIEUTENANT
John A. Daniels AS
Michael L. McNiesh AS



TO SECOND LIEUTENANT
Michael D. Sherman LRS



TO SENIOR MASTER SERGEANT
Mark A. Abe LRS



TO MASTER SERGEANT
Michael A. Cook AES
Charles A. Palmer LRS
Eric L. Peck APS
Tony D. Sullivan MXS
Christopher T. Tusing LRS



TO TECHNICAL SERGEANT
Herbert E. Ramsburg MXS
Wayne H. Raum MXS



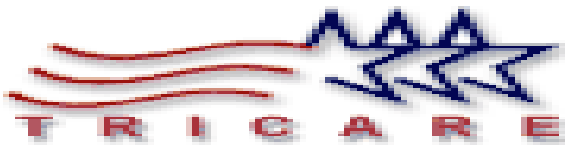
TO STAFF SERGEANT
Shawn M. Feaster SF
Thomas B. Hamilton III SF
Aaron J. Harding MXS
Brian S. Riffey SFS
Richard B. Sleichter SF
Rodney E. Starkey OSF



TO SENIOR AIRMAN
Cortney B. Blanchfield LRS
April M. Gearhart AS
Roberta A. Laidlow SFS
Sara J. Losnes OSF
Nathan B. Mueller LRS
Timothy B. Sechler SFS
Jennifer A. Swartz MXS
Bryan K. Wasser AS
Jenni L. Woy MXS



TO AIRMAN FIRST CLASS
Shaun R. Leatherman MXS



TRICARE Access for More Guardsmen, Reservists

As of March 10, National Guard and Reserve forces called up for more than 30 days are now eligible for the Pentagon's TRICARE Prime premium health insurance program.

Previously, service members had to serve for more than 180 days to qualify for TRICARE Prime, which waives TRICARE Standard's \$300 family deductible and increases payments to providers to 115 percent of normal. The project also gives demobilized reservists at least 60 days of health care coverage, with as much as 120 days' coverage provided for some long-deployed reservists. Guard and Reserve sponsors need to verify that DEERS information for themselves and their family members is accurate and up-to-date. They are encouraged to contact DEERS at the Defense Manpower Data Center Support Office toll free at (800) 538-9552. Sponsors and family members may also update their addresses in DEERS on the TRICARE Website at <http://www.tricare.osd.mil/DEERSAddress/>

Future updates regarding benefits for members of the Guard and Reserve and their family members will be posted on the TRICARE Website at <http://www.tricare.osd.mil/reserve>

For more general information on TRICARE, see http://www.military.com/Resources/ResourceFileView?file=TRICARE_Overview.htm

Itemized Billing for TRICARE Outpatient Payments

The Department of Defense (DoD) Military Health System (MHS) has converted to "itemized billing" to streamline the process for billing uniformed services beneficiaries, third-party payers and persons not eligible for TRICARE for outpatient care received at military treatment facilities (MTFs). The new billing approach does not change access to care for TRICARE beneficiaries. It does, however, change the way those who have other health insurance (OHI) are billed for outpatient care received at a MTF. In addition to the itemization of charges for services received during an outpatient visit, MTFs are now also able to bill-third party payers for prescriptions filled from orders received from physicians within the MTF. Beneficiaries who have questions or concerns about an itemized bill or EOB should contact their regional managed care support contract claims processor or TRICARE service center representative.

A list of local and regional toll-free telephone numbers

is available on the TRICARE Website at <http://www.tricare.osd.mil/regionalinfo/>. General DoD medical billing information is also available by submitting questions by e-mail to the DoD Uniform Business Office at ubo@tma.osd.mil or by calling (866) STI-4UBO

(866) 784-4826. For general information on TRICARE, visit http://www.military.com/Resources/ResourceFileView?file=TRICARE_Overview.htm

Military Health Survey: Making TRICARE Accessible

The Military Officers Association of America (MOAA) is gathering data to shed light on a potentially significant problem of TRICARE health coverage: the difficulty of finding doctors who accept TRICARE Standard patients in some parts of the country. If you are a TRICARE beneficiary who has experienced such a problem, MOAA recommends you complete a short survey on its Website about your own experience with finding a TRICARE Standard provider. The survey can be found at <http://www.moaa.org/Legislative/TRICARESurvey2003/> and is open to all military beneficiaries, regardless of MOAA membership status or eligibility. According to MOAA President VADM Norb Ryan, USN (ret), "The more input that we get from military beneficiaries across the country, the better we can identify what and where the problems are, and the more ammunition MOAA and The Military Coalition have to fight for your benefits."

Stateside Space-A Travel Available to Military Families

As of April 1, the U.S. Air Mobility Command is offering space-available travels to families who travel with their sponsors within the continental United States. Space-A flights will be available to dependents of active-duty members and retirees — and those members will have the same eligibility category as their sponsors, said Lt. Col. Darcy Lilley, chief of passenger policy for AMC. Up to now, Space-A travels have been available to those who want to travel from the States overseas and to those overseas, but not within the United States. Space-A works like this: Travelers hitch a ride on an aircraft already on a military mission. If there are unused seats, travelers can fly virtually for free. Typically, Space-A users pay a "head tax" of \$12.80 and, if leaving from or returning to the United States, an \$11 federal inspection fee. For overseas travel, the most popular contracted flights fly out of Atlanta and Baltimore into Europe, and Los Angeles and Seattle to Korea and Japan. Stateside, planes will fly wherever AMC missions take them, Lilley said.

For more on Space A Travel rules and eligibility see the Space A Travel section at <http://www.military.com/Travel/SpaceATravel/0,11886,57,00.htm>

Que Pasa!

Aerial Port Squadron – Master Sgt. Lester Smith

We congratulate Master Sgt. Eric Peck on his recent promotion.

Master Sgt. Scott Roberts and Staff Sgt. Kevin Diamond recently returned from a 45-day deployment to Prince Sultan Air Base, Saudi Arabia. Also, Tech. Sgt. Roger Walker returned from a 45-day deployment to Kuwait.

Maintenance Squadron – Maj. Robert Barrat

In the reorganization department ...

Everything that is old is new again. The recent reorganization of logistics and the maintenance function now re-assumes the old office symbols of years past. Col. Brian Truman is now the MXG CC- Maintenance Group Commander, formerly LG/CC. Logistics Support Flight is now Maintenance Operations Squadron (MOS), and Aircraft Generation Squadron is now Aircraft Maintenance Squadron (AMXS).

In the baby department ...

Congrats to Master Sgt. Mike Gregory, MXQ, Aircraft Quality Services, and his wife on the birth of their twin children on March 20. They had fraternal twins, with a boy weighing 5 lbs 10 oz. and a girl weighing 5 lbs 13 oz.

In the condolences department ...

Our condolences go out to Tech Sgt. Ron Weishaar, AMXS, Flightline, on the recent passing of his brother-in-law. Ron returned from deployment to attend the ceremonies.

In the “onward and upward” department ...

Lt. Col. Phillip Michael, MXS CC, and Lt. Col. Keith Snyder, AMXS CC, are just about finished at Army War College in Carlisle, Penn. They have recently completed a two-week Strategic Crisis Exercise, which is their school's version of an ORI exercise. They both served in many various positions in the exercise, which was “held” in the future, circa 2013. This was the capstone event of their training, using what they had learned over the past eight months. Michael and Snyder are to graduate from their school in June and return back here in Martinsburg for the July drill.

In the retirement department ...

March 2003 was the last drill for Chief Master Sgt. Galen Runkles. He was a true and loyal guard “bum,” serving his entire military career of over 26 years here at the 167th in Martinsburg. He joined the unit in 1966 and first worked on C-121 Constellations. He worked in the flightline, propeller shop, and plans and scheduling shops while in Maintenance. He was deployed to Panama, Puerto Rico, Germany, Turkey and England. He was the propulsion shop supervisor from 1993 to his retirement last drill. All those who knew Galen will miss him. He was easy going, always had a good word to say, and likeable. Senior Master Sgt. Joe Reedy, Senior Master Sgt. Steve Cloonan and many others already miss him. Our best wishes are extended to him in his retirement.

Family Support Group..from page 1.

that can be done to help family members left behind. “We’ve had the utmost support for deployed members from those in the community,” she said. But we want to encourage them to help those family members left behind. Running errands for them, cutting grass, these are small things that help immensely.”

Enders said that a toll-free number was recently set up for family members to get information without having to pay long-distance charges. The number, 1-866-986-4325, will connect the family member with a volunteer who can answer his or her questions.

Also, the group is starting a Savings Bond Award program for military-dependant graduating seniors. Those interested in finding information about the program should contact the Family Readiness Group office.

The group will also be holding a covered dish luncheon for family members in the base dining hall Saturday, May 24, at 11:00 a.m., she said.

Upcoming events include an Easter egg hunt for children of unit members to be held on base April 12 from 10 to 12 p.m.; “Bring Your Child to Work Day” on April 24; Kids Kamp at Camp Dawson from June 14-19; and honoring local veterans at the VA hospital Nov. 11 at 10 a.m.

“I just want to say that the volunteers who help out with family support are people who always help out in a time of need,” Enders said. “Those are great people who help us out, and many of them have been doing so for 12 years. But we can always use more.”



Cookies.. from page 1.

we support what they're doing for us,” said troop leader and cookie mother Sharon Crummett. Crummett organized the effort, which involved a rotating crew of hard-working cookie sellers from the Staunton-based troop. After packing the care packages, she and volunteers Frances and Bob Russell and Marshall Boyd delivered the cookies to Building 110 for delivery.

Frances Russell and Marshall Boyd work for Packaging Corporation of America, which donated packaging materials for items sent to troops during the first Gulf War.

1st. Lt. Melissa Shade was instrumental in organizing the effort.

Each box is packed with hand-written notes from the customers who purchased them. Some are written with family members in mind: “Stay safe and get back to your mother.” Others are more to the point: “Take that guy out.”

Still others are full of more florid poetry: “A box of cookies may not be much. But it is our way of keeping in touch. A token of appreciation for all you do – God guide, direct and watch over you.”

Medals for Global War on Terror

American Forces Press Service reports that President Bush has issued an executive order establishing two military awards for actions in the global war on terrorism. The Global



War on Terrorism Expeditionary Medal will be awarded to service members who serve in military expeditions to combat terrorism on or after Sept. 11, 2001. Operation Enduring Freedom is the prime operation the medal may be awarded for. The Global War on Terrorism Service Medal will be awarded to service members who serve in military operations to combat terrorism on or after Sept. 11, 2001.

The awards do not take the place of the Armed Forces Expeditionary Medal, established Dec. 4, 1961, or the Armed Forces

Service Medal, established Jan. 11, 1996. No one may be awarded more than one of the four medals for service in the same approved expedition or operation to combat terrorism. No one is entitled to more than one award of the Global War on Terrorism Expeditionary Medal or the Global War on Terrorism Service Medal. The medals may be awarded posthumously. DoD and military service officials, including the Coast Guard, are working on provisions to award the medals. For general information on military awards and decorations, see http://www.military.com/Resources/ResourceFileView?file=VETERANS_AWARDS_AND_DECORATIONS.HTM

AAFES Offers "Gifts From the Homefront" Gift Certificates

The Army and Air Force Exchange Service is supporting deployed troops with "Gifts From the Homefront" certificates. AAFES currently has 34 stores located throughout the SW Asian theater in support of Operation Iraqi Freedom. CertifiChecks can be redeemed at these facilities to purchase such items as health and beauty items, soft drinks, candy, snack items, pre-paid calling cards, music, DVD players and much more. For more information on this program and how you can buy a certificate, visit <http://www.aafes.com/docs/homefront.htm>

GI Mail Provides Secure, Reliable E-Mail to Loved Ones

A secure and reliable e-mail program offered by Air Force Crossroads helps families keep in touch with deployed airmen away from home through Global

Internet Mail. Registration for GI Mail is free for those eligible through

Air Force Crossroads, the official Air Force community Web site, at

www.afcrossroads.com.

Eligible users include active duty, Reserve, National Guard, retired or civil service employees and their authorized family members. Airmen can log in to the Web-based system from any computer with Internet access. Families without computers or Internet access can visit family support centers, which have computers with Internet access available for families to use.

See the Air Force Print News article at <http://www.af.mil/news/Mar2003/31003828.shtml> for more information.

Quotable Quote

"Our men and women are doing tremendous work in spite of the myriad of challenges before them. We owe it to these fine airmen to ensure they have the tools to do their jobs. Whatever our future holds, our outstanding, well-trained, and well-equipped warrior airmen will guarantee our dominance as the world's premier air and space power."

Gen. John P. Jumper, Air Force chief of staff

New National Guard Museum Opens

by Master Sgt. Bob Haskell, NGB

WASHINGTON (AFPN) — Information about the National Guard, the oldest military organization in the country, can be found in a new museum that opened here March 17.

The National Guard Memorial Museum is located at One Massachusetts Ave., N.W., one block west of Union Station. The museum occupies 5,600 square feet of the lower level of the National Guard Association of the United States.

It is the first national museum dedicated to the National Guard and is open 10 a.m. to 4 p.m. weekdays

The museum's displays and artifacts highlight the history and mission of the colonial militia and the modern Army and Air National Guard. It has exhibit areas featuring the citizen-soldier serving in the homeland defense and in conflicts and peacekeeping missions around the world. Every state and U.S. territory is represented in the museum.

Act May Protect Active-duty Reservists

by Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON — Guardsmen and reservists called to active duty to fight the global war on terror may seek credit protection under a law passed to aid GIs in an earlier global war.

The Soldiers' and Sailors' Civil Relief Act of 1940 protects military members from certain legal obligations while they are actively engaged in national defense.

Among the Act's chief provisions is its ability to reduce interest rates on debts incurred before active-duty status, protect service members and their families from eviction, and delay civil court actions.

But it is not automatic. For service members to take advantage of the act, individual service members should notify their creditors of the active-duty status and their intent to invoke their civil relief act rights.

Sometimes, however, creditors do not strictly adhere to the letter of the law, even when they are given proper notice. In one case about to enter litigation, a Reserve airman from California is depending on the power of the American Bar Association to help him pick up the pieces of his shattered financial life.

According to Col. John S. Odom Jr., a Reserve legal officer temporarily assigned to 8th Air Force at Barksdale Air Force Base, La., the reservist in question is a master sergeant who owned a construction company, a home and a boat before being activated for a year.

Now, just two months after coming off active duty, the Travis AFB, Calif., noncommissioned officer's creditors are threatening to foreclose on his home and his boat, his life savings is gone, his credit is wrecked and his company is in limbo.

"He's a classic poster child for the act," Odom said.

Odom said while most of the creditors complied with the sergeant's request for relief, several did not. Now, immediately after the sergeant has come off active duty, all his creditors are demanding immediate payment of everything he owes them — just as he is trying to get his business restarted. The key point of contention, Odom said, is a provision in the law that allows a reservist to seek a moratorium on continuing obligations for a period equal to the time spent on active duty, to give the service member time to recover financially.

The ABA's committee on legal assistance to military personnel has agreed to represent the sergeant, without charge, to help publicize the act.

"He's a dream client, as far as documentation goes," Odom said. "He's kept copies of everything."

While all service members receive some protections under the act, additional rights are specifically geared toward

members of the Reserve community who are mobilized. Department of Defense officials said March 19 that 212,617 reservists and guardsmen had been called to active duty.

Specifically, rights under the act include:

- Limiting interest rates to 6 percent for all debts incurred before beginning active-duty service. This provision includes interest rates on credit cards, mortgages and auto loans. It does not apply to federal student loans.

- Protecting family members from eviction during times of active-duty service, regardless of whether the lease was signed before or after activation. If the monthly lease is \$1,200 or less, a landlord must seek a court order to authorize an eviction.

- Prohibiting repossessions and foreclosures without court permission.

- Postponing civil lawsuits the service member is a direct party to, such as bankruptcy.

- Extending deadlines to file law suits by eliminating time served on active duty from calculating any statute of limitations.

- Protecting active-duty people from taxation by states other than by their state of domicile.

- Prohibiting creditors and insurance companies from making adverse credit reports, denying credit or taking adverse financial action against a service member based solely on invocation of the act.

For more information, contact local legal assistance offices.





State of Health State of Health

by Lt. Col. Gretchen L. Burks, 167th MDG

Do you know what to do when you get hurt on the Job?

Injuries no matter how minor need to be reported. Whether in a Military duty or UTA status, you have a right to have your injury documented.

Whom do I report it too?

First let your supervisor know what has happened, you might find that if it is a piece of malfunctioning equipment that might be the final piece of documentation needed to replace it. At the very least, fellow workers can be informed about the possibility that it might malfunction.

When should I notify the Clinic?

Anytime you injure your self, you can write a statement and have it placed in your medical record, when your injury causes you loss of work time, a hospital/ clinic visit or places you on some type of restriction, it is your responsibility to bring that documentation to the medical squadron.

What do I need to tell or bring to the clinic?

If you injure yourself while in **UTA status** and require Emergency care, you need to provide a statement of "what happened" As Detective Friday would say "just the facts" this statement should include names of any witness and the name of what hospital you were treated at. The clinic then will complete a Line of duty form; contact the billing institu-

tion to let them know where to send the bills for payment.

If you are in a **Military Duty status** and require Emergency care, you need to provide the same statement as previously described and a copy of your orders. A Line of duty will be completed and the hospital/ institution will be contacted about payment.

Even if you are seen at a MTF, **it is your responsibility** to provide the MDS with a statement about injury and a copy of your orders.

What should I do if I get a bill at home?

First ask your self this question; did I report it to the Clinic? If you have already, bring the bill to us and we will contact that person to let them know about payment. If the answer to your question was no, then you will probably keep getting bills and might even get the threat of suit, if you have not had the clinic intervene.

Is there a time limit for me to report my injury?

That is a double edge question. You have a year to report/ recoup care for an injury. However the longer you wait to report it, the more you might forget, can recall exactly what happened, forgot whom all you might have seen, had problems with your credit- for lack of slow payment.

Study Prompts Caution on Use of Ephedra Products

Air Force Print News reports that based on a government-funded study, the Department of Health and Human Services has announced a series of actions designed to protect Americans from the potentially serious risks of dietary supplement products containing ephedra. The results of a Rand Corporation study

commissioned by the National Institutes of Health provides additional evidence that ephedra may be associated with important health risks, according to a Food and Drug Administration statement. The Rand report also finds "only limited evidence of health benefits resulting from ephedra use," according to the statement. Air Force Sur-

geon General officials have repeatedly "strongly advised" people to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids. As a result of the study, the FDA has proposed warning labels for all ephedra-containing dietary supplements. For more on the results of this study, visit

<http://www.af.mil/news/Mar2003/30703762.shtml>. For more on general health care and benefits, see http://www.military.com/Resources/ResourceFileView?file=ACTIVE_DUTY_MEDICAL.HTM



Air National Guard
Americans At Their Best.

Vietnam Veterans Continue to Serve

By Tech. Sgt. Sam Rickabaugh, 167th Logistics Squadron

From Southeast Asia to Southwest Asia, Vietnam veterans are still continuing to serve their country.

Four C-130 crew chiefs from the 167th Aircraft Generation Squadron, all Vietnam veterans, were called to duty to serve in Operation Enduring Freedom. Recently returning from "Camp Snoopy" at DoHa Qatar were veterans Master Sgt. John Simpson, Master Sgt. Mike Shirk, Master Sgt. Melvin DeGrange and Tech. Sgt. Sam Rickabaugh.

Master Sgt. Simpson served in Danang and Phu-Cat AFB, Vietnam from 1967 to 1968. In Danang, John was with the 480th TFS, serving as a crew chief on a F4C aircraft. In



These Vietnam veterans continue to serve their country, recently returning from duty as part of Operation Enduring Freedom. From left to right: Master Sgt. John Simpson, Master Sgt. Mike Shirk, Tech. Sgt. Sam Rickabaugh and Master Sgt. Melvin DeGrange.

Phu-Cat, Simpson was a crew chief on a F-100 with the 612th TFS. He witnessed several rocket attacks and remembers running for cover into bunkers. Some rocket attacks occurred when he was working on the flight line. With the engines running, he was unaware of the attack until he saw the smoke.

Master Sgt. Shirk, Aircraft Generation Squadron First Sergeant and crew chief on a C-130H, served from 1968-1969 in Vietnam with the United States Marine Corps as an air traffic controller. He was in Chu Lai, Vietnam with the MAG-12. Later in his tour of Vietnam, his detachment moved to An Hoa, Vietnam. Shirk remembers several times when the Vietcong tried to overrun their camp, and he had to defend himself and others with his M-14 rifle.

Master Sgt. DeGrange was a crew chief on every class of C-130 in the Air Force Inventory for 35 years. DeGrange crewed C-130s A-B-E-H, MC-130E, and C-130s ABCC. He served from February to September 1968 at CCK AFB, Taiwan, and then in Waha AFB, Okinawa, until February 1970. DeGrange was also on temporary duty for 17 months at Cam Rahn Bay, Vietnam, and Ubon, Thailand. He has been a C-130 crew chief with the 167th AW since 1973. Melvin recently retired, and all of his "flight line buddies" wish him the best of luck.

Tech. Sgt. Rickabaugh was a crew chief on an EB-66 Jammer. He was stationed at Takli AFB, Thailand and served

from 1968 to 1969. Rickabaugh was assigned to the 42nd TEWS. The EB-66 was a two-engine jet with a lot of black boxes that would fill the cargo compartment. All of his missions were flown over Vietnam. The Jammers would fly into a hot zone, jamming radars to allow F-105s and F-111s to drop bombs on their targets. He also remembers witnessing two F-111s being shot down and one F-105 returning to base severely shot up.

Air Force implements Stop-Loss

by Staff Sgt. A.J. Bosker, Air Force Print News

WASHINGTON — The assistant secretary of the Air Force for manpower and reserve affairs has authorized the use of Stop-Loss to retain specific skills needed to meet national security objectives. Effective May 2, 43 officer and 56 enlisted specialties will be affected by Stop-Loss.

"We do not take this action lightly," said Secretary of the Air Force Dr. James G. Roche. "Stop-Loss is designed to preserve critical skills essential to supporting the global war on terrorism, while ensuring we're prepared to meet other contingencies."

"We've implemented Stop-Loss to ensure we have the necessary skilled personnel to conduct operations," said Air Force Chief of Staff Gen. John P. Jumper. "We'll use it only as long as necessary to accomplish our mission."

Stop-Loss is being implemented across the active duty, Air Force Ready

Reserve and Air National Guard for the affected career fields in the ranks of airman through colonel, according to Maj. Teresa L. Forest, chief of Air Force retirements and separation policy at the Pentagon.

Both the secretary and chief of staff are acutely aware that the Air Force is an all-volunteer force and that this action, while essential to meeting the service's worldwide obligations, is inconsistent with the fundamental principles of voluntary service.

"We take Stop-Loss seriously and are working hard to ensure the lives of our airmen, their families and their civilian employers are not disrupted any longer than is necessary to meet our national commitments," Jumper said.

Therefore, a waiver process will be implemented for those people with unique circumstances.

"We are doing our best to minimize this disruption," Roche said. "And we will look at unique circumstances on a case-by-case basis and do all we can to offer appropriate relief."

"We understand the individual sacrifices that our airmen and their families will be making," Jumper said. "We appreciate their unwavering support and dedication to our nation."

For more information about Stop-Loss, people can contact their local military personnel flight or the Air Force Personnel Center's Stop-Loss Control Center at (210) 565-2374 or DSN 665-2374.

Training Notes

Calendar

January 2003

- 15-15 Praxis*
13-17 CLEP General
English Composition
W/Essay*

February

- 7 Excelsior Extended
Response (Essay)
8 LSAT

March

- 12-12 Praxis* # (see below)

April

- 4 Excelsoir Extended
Response (Essay)
14-18 CLEP General
English Composition
W/Essay*
19-19 GRE Subject*
30-30 Praxis*

Notes:

Overseas test centers send orders six weeks before the test date. Conus test centers send orders four weeks before test date. Contractors ship tests to arrive just before the planned test date.

*Select only one test date from the published period for DANTES testing and specify that date on the order form.

#March 8-12 are correct dates for March. *DEPH Praxis* pages II-9-15 to II-9-27 incorrectly list March 8-13.

http://www.dantes.doded.mil/dantes_web/library/docs/examinations/02-03cal.doc.

Paper-based CLEP exams withdrawn

To date, The College Board has withdrawn nine CLEP Subject examinations with an additional six scheduled for 30 June 2003. Of the June 2003 group, the *Humanities* test is the most popular and the only CLEP General being withdrawn this fiscal year. The CLEP Chapter (pages II-5-24 and 25) in the FY03 *DANTES Examination Program Handbook* identifies the six titles. Please return them immediately after 30 June 2003.

In ongoing discussions with the College Board, we have stressed the need for retaining paper-based CLEP testing as long as possible. The College Board reviewed the remaining 20 CLEP General (including *English Composition with Essay*) and Subject tests and agreed to extend these tests for a limited period of time. The Board strongly feels that "As CLEP eCBT test development continues, the difference between any paper-based version of CLEP examinations and eCBT versions will only broaden and exacerbate the comparability issues."

The table below identifies the **revised withdrawal dates** for the remaining 20 test titles starting in October 2003.

TEST TITLE	WITHDRAWAL DATE
CLEP General English Composition with Essay	*6-10 October 2003
CLEP Generals Natural Sciences College Mathematics English Composition	30 November 2003
CLEP Subjects Principles of Accounting College Level Spanish Language History of the U.S. I History of the U.S. II	30 November 2003
CLEP Generals Social Science and History	31 March 2004
CLEP Subjects American Literature Analyzing & Interpreting Literature College Algebra English Literature Introductory Psychology Principles of Management Principles of Macroeconomics Principles of Microeconomics College Level French Language Introduction to Educational Psychology Freshman College Composition	31 March 2004

*Unlike the other 19 test titles, the CLEP General "English Composition with Essay" is a special-ordered test. The 6-10 October 2003 test date allows for one additional administration of the paper-based test. **Remember to return this test immediately after the scheduled test date.**